



Parmesan-Pecan-Crusted Fried Fish

READY IN



24 min.

SERVINGS



6

CALORIES



309 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 pounds filets
- ☐ 0.5 cup breadcrumbs dry fine
- ☐ 2 large eggs beaten
- ☐ 0.3 cup parsley fresh finely chopped
- ☐ 0.5 cup olive oil
- ☐ 0.5 cup parmesan cheese grated
- ☐ 0.5 cup ground pecans
- ☐ 0.5 teaspoon pepper
- ☐ 0.8 teaspoon salt

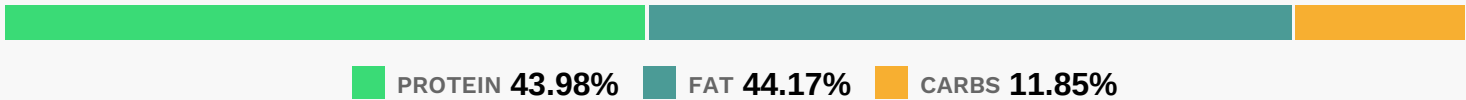
Equipment

- ☐ frying pan
- ☐ paper towels
- ☐ oven
- ☐ wire rack

Directions

- ☐ Stir together first 6 ingredients.
- ☐ Cut fillets into 2-inch pieces; dip in eggs, and dredge in pecan mixture.
- ☐ Cook fish, in batches, in hot oil in a large skillet over medium-high heat 1 minute on all sides or until golden; drain on paper towels.
- ☐ Place fish on a wire rack in a jelly-roll pan, and keep warm in a 200 oven.

Nutrition Facts



Properties

Glycemic Index:12.33, Glycemic Load:0.08, Inflammation Score:-6, Nutrition Score:19.176956632863%

Flavonoids

Cyanidin: 0.89mg, Cyanidin: 0.89mg, Cyanidin: 0.89mg, Cyanidin: 0.89mg Delphinidin: 0.6mg, Delphinidin: 0.6mg, Delphinidin: 0.6mg, Delphinidin: 0.6mg Catechin: 0.6mg, Catechin: 0.6mg, Catechin: 0.6mg, Catechin: 0.6mg Epigallocatechin: 0.46mg, Epigallocatechin: 0.46mg, Epigallocatechin: 0.46mg, Epigallocatechin: 0.46mg Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg Epigallocatechin 3-gallate: 0.19mg, Epigallocatechin 3-gallate: 0.19mg, Epigallocatechin 3-gallate: 0.19mg, Epigallocatechin 3-gallate: 0.19mg Apigenin: 5.4mg, Apigenin: 5.4mg, Apigenin: 5.4mg, Apigenin: 5.4mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.37mg, Myricetin: 0.37mg, Myricetin: 0.37mg, Myricetin: 0.37mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 308.6kcal (15.43%), Fat: 14.97g (23.04%), Saturated Fat: 3.13g (19.57%), Carbohydrates: 9.04g (3.01%), Net Carbohydrates: 7.72g (2.81%), Sugar: 0.98g (1.08%), Cholesterol: 134.26mg (44.75%), Sodium: 609.22mg

(26.49%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 33.54g (67.09%), Selenium: 60.67µg (86.68%), Phosphorus: 432.18mg (43.22%), Vitamin K: 44.67µg (42.54%), Vitamin B12: 1.67µg (27.8%), Manganese: 0.51mg (25.72%), Vitamin B6: 0.44mg (21.82%), Potassium: 730.4mg (20.87%), Vitamin B3: 3.87mg (19.33%), Vitamin B1: 0.27mg (17.84%), Magnesium: 68.69mg (17.17%), Vitamin B2: 0.25mg (14.88%), Calcium: 133.84mg (13.38%), Vitamin E: 1.85mg (12.31%), Zinc: 1.79mg (11.93%), Vitamin D: 1.74µg (11.57%), Iron: 1.74mg (9.67%), Copper: 0.19mg (9.29%), Vitamin A: 438.69IU (8.77%), Folate: 34.19µg (8.55%), Vitamin B5: 0.65mg (6.47%), Vitamin C: 4.93mg (5.97%), Fiber: 1.32g (5.29%)